UCSF Medsounds Newsbreak

Weekly News for the UCSF Community VOL. 12, NO. 13 JULY 1, 1997

Nursing trainees earn while they learn

By BRAD FOSS

Doing its best to recruit new nurses and prepare them for the rigors of the job, the UCSF department of nursing has revived its acute care training program, an eight-week course in which neophyte nurses take classes and work alongside seasoned health care practitioners.

Similar to work training programs offered by financial firms and major retailers in the private sector, the UCSF nursing program is highly coveted by recent college graduates, who are in need of both money and job experience.

These paid trainees attend classes once a week and spend the rest of their time attending to patients. Each trainee is assigned to a unit and a preceptor from whom they learn about delegating responsibility, effective time management, hospital protocol and using technology to provide patient care.

"The goal is to teach them how to function in a work setting," says Ann Williamson, interim assistant director of nursing at UCSF. After the eight-week session ends, these nurses must commit to a one-year position as a clinical nurse at the Medical Center.

"It's a dream," says Steve Michener, a trainee who recently graduated with a nursing degree from City College of San Francisco.

"We had been told all through nursing school that there were no jobs. The alumni would tell us we'd have to drive to Bakersfield just to find work in a nursing home," Michener says. "I can't tell you how grateful I am."

UCSF nursing administrators, too, are delighted with the arrangement.

"We feel the investment is worth it," says Williamson. "We want to invest in people who have the professional values we are seeking."

This week, 27 trainees (out of 150 who applied from around the country) will complete the first acute care training session at UCSF since 1989.

One major reason UCSF revived the program has been to address changes taking place in nursing education. As a greater proportion of health care shifts to the outpatient setting, the undergraduate colleges have responded by adjusting programs.

"Many nursing students are doing their training outside the hospital setting, in home health care, community health care and rehabilitation facilities, which is okay if that's where they want to work," says Williamson. But, she adds, the majority of nursing opportunities at UCSF are in acute care and the University wants to ensure that its hirees have experience in the area where they'll most likely be working.

Maria Gardizy, a cardiology trainee who selected nursing as a second career after working as an accountant, says to receive a "bonus education" and get paid is a great deal. She considers herself fortunate because other classmates whom she graduated with in December 1996 still haven't found employment.

"Nobody will hire you without experience, and we didn't go to school to not work," says Gardizy. "I keep pinching myself at night saying 'I've got a job.' And it's a great job."

The Medical Center is currently accepting applications for its next eight-week program, which begins Sept. 8. All candidates must be licensed RNs. For more information, call 476-5952.

Chris T. Anderson

Following her father's footsteps

School of Dentistry graduate Yvette Marquis, right, who wore her dad's dentistry graduation robe, lines up for the procession with classmates Zahra Hakim Faal, center, and Aeree Lee, left. See page 3 for more photos from the School of Dentistry and the School of Pharmacy commencements.

Lisa Cisneros

Dr. John Kerner and his wife, Gwen Kerner, of San Francisco were among those who attended the Auxiliary at UCSF/Mount Zion's benefit performance of Cirque du Soleil. See page 3 for more details on the event.

Editor's note

This is the first issue of the weekly edition of Newsbreak/Medsounds. We started a weekly schedule — publishing an issue every Tuesday — as a way to communicate news about the UCSF Stanford merger in a more timely fashion. Together with our online sister publication, Daybreak, we will share new information as we learn about it as the merger proceeds toward the Sept. 1 start-up date.

A future issue of Newsbreak will feature a look at how the UCSF Stanford Health Care children's services organization is taking shape under the guidance of Larry Shapiro, chair of pediatrics at UCSF, and his counterparts at Stanford and Lucile Packard Children's Hospital. And in upcoming issues, we will cover the UCSF Academic Senate meeting on July 8, when faculty are expected to hear the pros and cons of the merger. We also will report on recommendations from the nine clinical integration teams assembled to design service lines, define new academic relationships between the two universities as well as identify methods to account for shared direct costs, among other objectives.

Remember, for daily news about the merger and other news and events happening at UCSF, go to Daybreak at www.ucsf.edu/daybreak/ .

Counselors offer transition support

By BRAD FOSS

Information may be the antidote to anxiety. But until the formation of UCSF Stanford Health Care is a done deal, University faculty and staff may find a measure of stress relief in talking with one another about their uncertainties and fears.

Beginning July 7 and continuing every Monday and Wednesday through Aug. 6, the UCSF Human Resources transition team will offer drop-in support groups.

"Very often when people talk to one another, there is an enormous relief in discovering that the feelings we're experiencing are normal," says Lois Goodwill, a counselor in the UCSF Faculty and Staff Assistance Program who will facilitate the informal meetings. "We as human creatures don't live too well with uncertainty."

The ultimate goal of these get-togethers, she says, is to enable people to approach this time of change in a balanced way. In addition to communicating with one another, Goodwill says employees should be active in becoming as knowledgeable as possible about issues pertaining to the merger for which there are concrete answers. Once people approach the root of their apprehension, she says, fear may gradually dissipate.

Transition-related stress is not limited to any one group of employees.

Dealing with a potential change in one's work situation, takes time to adjust to says Goodwill, who holds a PhD in clinical psychology from UC Berkeley.

If faculty or staff have issues that they do not feel comfortable talking openly about in a group setting — confidential

(See **Counseling** on page 4)

UCSF raises hope for men with immobile sperm to impregnate

By REBECCA HIGBEE

A healthy baby born last week to a Bay Area couple who had been trying to become parents for more than a decade now gives hope for fatherhood to thousands of men who have been told they had "dead" sperm.

The birth is the first reported success nationwide resulting from a new test developed by fertility specialists at UCSF. The test determines if a non-moving sperm is "alive" rather than "dead" and capable of initiating pregnancy through in vitro fertilization (IVF).

Mike and Marie Parks were told by many doctors that they had no hope of ever having a child. Until now, all non-moving sperm were considered ineffective for IVF procedures, the medical name for fertilization that takes place outside the human body.

"The birth of my son is quite honestly the happiest moment of my life," says Mike Parks, 47. "After trying for so long to become a father and to see my wife Marie transformed into a mother, holding our perfect little boy — it's just so amazing and wonderful."

Weighing in at 6 pounds, 4 ounces, David Franklin Parks, named after both of his grandfathers, was born on June 10 in an East Bay hospital. He was 20 inches long.

"Traditionally, sperm mobility has been the most widely accepted measure of sperm health," says UCSF male fertility specialist Paul Turek, assistant professor of urology. "This belief until now has excluded sperm that may be alive and healthy but not moving."

About 15 percent of American couples have trouble conceiving a child, Turek says, and of this group, about 40 percent have a problem that is male related. About half of these men have abnormalities of sperm, including low counts, abnormal shape and poor movement.

Turek, who is the director of the UCSF Male Infertility Clinic and Laboratory, used a physiologic principle called hypo-osmotic swelling (HOS) to develop a test to find living sperm among those thought to be dead. A research article about the effectiveness of Turek's HOS test is published in the June 1997 issue of the scientific journal Molecular Reproduction and Development, which is co-authored by Colin Smikle, a fellow in reproductive endocrinology at the UCSF department of obstetrics, gynecology and reproductive sciences.

In the past, men with non-moving sperm were left out of fertility treatments because "there was no way to tell whether the sperm were alive or dead," Turek says. Applying the HOS test, Turek exposed non-moving testicular sperm to a diluted sugar solution and was able to determine which sperm were alive.

As a result, UCSF specialists were able to select an individual, living, non-moving sperm and inject it directly into the center of a human egg — a method known as intracytoplasmic sperm injection (ICSI), which has been used since 1992. The ICSI procedure is used along with the process of IVF, which begins with the female partner getting a daily dose of fertility drugs to stimulate eggs to mature. These eggs are then removed from the ovaries and incubated under very precise conditions in an IVF laboratory.

Fertilization is attempted in more than one egg, and successful fertilization usually occurs in 12 to 16 hours. In most cases, two or more fertilized eggs are returned to the woman's uterus as a method of increasing the odds that at least one will implant in the uterine lining and pregnancy will occur.

After nearly giving up on parenting, the Parks came to UCSF three years ago for fertility treatment on the recommendation of Mike's long-time personal doctor. The third attempt was the charm.

"We have been on an emotional roller-coaster for the past 10 years," says Marie, 37. "To succeed at anything you must also face failure and disappointment, which we did so often. But we never gave up, and now we have a happy, healthy baby."

Interns receive Krevans award

Eight interns at San Francisco General Hospital have been named recipients of the Julius R. Krevans Prize for Clinical Excellence for their outstanding work with patients and interaction with all level of staff.

The awards were presented June 18 at the hospital's annual medical staff dinner. Named for former UCSF Chancellor Julius R. Krevans, the award was established in 1979 by the Gladstone Institute of Cardiovascular Disease. Recipients are selected by the chiefs of the various medical departments at the hospital.

This year's honorees are:

Leticia Aguilera-Ledesma, 30, received her bachelor's degree in biology from California State University at Hayward in 1990 and her MD degree from the University of Southern California in 1996. She was a dean's scholar at Hayward. She spent a year working in a family planning clinic in Oakland, where she hopes to return to practice.

Joshua J. Fenton, 28, received his BA in English from UC Berkeley in 1991. He obtained his MD degree from UCSF in 1996 and was honored with UCSF's Robert Crede Award, which is given to an outstanding student entering a primary care field. While at UCSF, he took a year off to do research on the use of psychiatric services following the passage of Prop 187. The results of his work were published in the journal "Health Affairs." He now plans a career in general practice.

Theresa Flynn, 30, received her BA in religion from Harvard University in 1989. After graduation, she spent a year with the Boston Housing Authority, working with youth in Boston area housing projects. She earned her MD degree in 1996 from Duke University Medical School and obtained an MA in public health with a specialty in maternal and child health from the University of North Carolina at Chapel Hill. She plans a career in general pediatrics and public health in an urban, underserved area.

Lisa A. Furmanski, 28, received her BA in biochemistry from Harvard University in 1990. She was a Peace Corps volunteer in Togo for two years before returning to academia in 1992. She received her MD degree from Columbia Medical School in New York in 1996. She is considering a career specialty in geriatric medicine.

Steven S. Kang, 28, received his BA in English from Dartmouth College in 1991. After graduation, he taught English for a year at Phillips Exeter Academy and then returned to Dartmouth to obtain his MD degree in 1996. While at Dartmouth, he also received the Blatman Award for clinical excellence in maternal and child health. He is considering a career sub-specialty in gynecologic oncology.

Crystine Lee, 26, received her BA in biology from Harvard University in 1992, where she was on the dean's list. Lee obtained her MD degree from the Stanford University School of Medicine in 1996 and was honored with an award for clinical excellence. She plans a career in surgery in an academic setting.

Todd Mitchell, 28, received his BE degree in chemical engineering from Vanderbilt University in Tennessee in 1991. He also attended medical school at Vanderbilt, earning his MD degree in 1995. After graduation, he spent a year working with the homeless mentally ill at a community mental health clinic in Nashville. He plans to pursue psychoanalytic training and a psychiatry career in a community mental health setting.

William H. Plauth, 28, earned his BA in economics from the University of Virginia in 1991. He received his MD degree from Emory University Medical School in 1996, where he received an outstanding student award. While at Emory, he also did research on heart attack with a group of cardiac surgeons at the school. He plans to specialize in cardiology and hopes to teach at an academic medical center.

—By Alice Trinkl

Chris T. Anderson

Winners of the Krevans Award are, from front row, left, Steven Kang, Crystine Lee, Theresa Flynn, Lisa Furmanski and Leticia Aguilera-Ledesma; and back row, from left, are William Plauth and Todd Mitchell. Joshua Fenton is not pictured because he was on his honeymoon.

In Memoriam

George J. Wood, or "Uncle George" as he was known in his hometown of St. Helena, California, a physician, philanthropist and 1988 winner of the UCSF Medal, died May 29 at age 100.

He was the University's oldest living graduate and one of its most generous donors. Wood was known for working long hours in his 63-year career, making housecalls at all times of the day. He is said to have delivered 4,000 babies.

As a physician who practiced in an era before social programs existed to cover health care for the poor, Wood chose to treat the indigent free of charge. "To me, every patient is a friend. I feel we're only here to make the world better for others," he said upon retiring at the age of 90 in 1986.

Wood was a major benefactor of the St. Helena Library that bears his name and that of his late wife, Else, to whom he was married for 45 years. Wood's philanthropy enabled the college education of countless underprivileged youths.Wood is a member of the Heritage Circle, which recognizes individuals who have provided for UCSF through their wills or other planned gifts. The UCSF Medical Library has a floor named after him.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received June 1-15, 1997.

$1,000,000 or more
Howard Hughes Medical Institute

$500,000 -$999,999
Anesthesia Research Foundation
Ruth M. DeBernardi
The Robert Wood Johnson Foundation

$100,000 - $499,999
Mr. and Mrs. Charles Pankow

$25,000 - $99,999
The Jane Coffin Childs Memorial Fund for Medical Research
Estate of Edward A. Davis
Glaxo Wellcome Inc.
Edwin A. Heafey Jr.
Medco Research Inc.
Ortho Pharmaceutical Corporation
Osbon Medical Systems Ltd.
Estate of Kathleen Mahoney Plant '32
Estate of Mario J. Rocca
Sequus Pharmaceuticals Inc.
Mr. and Mrs. David E. Shaw

Honors & Awards

Jessica D. Eisner, intern: Ranked as a finalist for the 1997 Creative Medical Writing Award sponsored by the Journal of General Internal Medicine (JGIM). Her story, "Blood Brothers," is a disquieting account of modern medicine. The contest elicited more than 100 entries nationwide. The finalists' stories will appear in upcoming issues of JGIM.

Daniel H. Lowenstein, associate professor of neurology and anatomy: Selected as the first recipient of the American Neurological Association's Distinguished Teacher's Award. The award was established to encourage outstanding accomplishments in teaching neurology students. Lowenstein will be recognized during the neurological therapeutics session on Oct. 1.

Lowenstein

Nan Murrell, assistant professor, department of family health care nursing: Invited to the Texas School of Nursing at Galveston on June 26 and 27 to be the "First Distinguished Lecturer in Creating Caring Communities." This lectureship is sponsored by the Department of Community Health and Gerontology and the WHO Collaborating Center for Nursing/Midwifery Development in Primary Care. As part of the two-day program, Murrell will give a lecture on "Racism in American Health Care."

Larry Shapiro, professor and chair of pediatrics: One of two distinguished human geneticists honored last month with an honorary citizenship from the city of Genoa, Italy, for his contributions to science and humanity on the occasion of the meeting of the European Society of Human Genetics in Genoa.

Shapiro

Brad Foss

From left are Smith, Dominguez-Cuevas and Aikman.

Three honored in memory of pharmacist

Honored for their job performance, teamwork, creativity and organizational abilities, three members of UCSF's department of pharmaceutical services recently became the first honorees of the Frances Valerie Louie Award for Service Excellence.

The award was established in memory of Louie, a 1972 graduate of the UCSF School of Pharmacy who held various positions at the University, including assistant chief pharmacist, clinical instructor and supervisor of the Drugs Products Service Laboratory. She died last year, but Val Louie will always be remembered for her innovation, ability to solve complex issues and willingness to assume new responsibilities.

Jane Aikman, senior pharmacist, Gabriel Dominguez-Cuevas, investigational drug technician, and Joyce Smith, administrative assistant in pharmaceutical services, each received $500 and a certificate of recognition. Their names will be inscribed on a prominently mounted plaque acknowledging Louie's excellence.

Aikman is known to be an inspirational role model to her co-workers, developing creative, practical ideas to improve operations and adding a human touch to the health care environment – often sharing her stash of candy and CDs.

Dominguez-Cuevas is said to be one of the most innovative people in the entire department. One colleague wrote in a nomination letter that he has a "MacGyver-like" ability to make the best of any situation and never compromises when it comes to patient care.

Smith, who received the award in the pharmacy support category, was nominated for being a tireless worker in the purchasing area who consistently makes suggestions that could save money for the organization. "Joyce utilizes the skills that Val was known for — helpfulness, tireless support, strong feeling of commitment to the organization, and an exemplary work ethic" — says a colleague who nominated her for the award.

Correction

The announcement last week that Joseph I. Song, resident, radiation oncology, was awarded the Glaxo Wellcome Achievement Award as one of 50 outstanding young medical professionals by the American Medical Association contained an error. Song is a resident at UCSF.

UCSF Newsbreak

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Deadline for the next issue, to cover July 8–14, 1997, will be on **Wednesday, July 2.** Please send news to Lisa Cisneros at 476-3256 (cisnero@itsa.ucsf.edu), features to Brad Foss at 476-3163 (bfoss@itsa.ucsf.edu), and calendar items to Nancy Heller at 476-8810 (nheller@itsa.ucsf.edu), all at Box 0462. Fax last-minute copy to 476-3541. For address and distribution changes, call C.J. Burleson at 476-6791.

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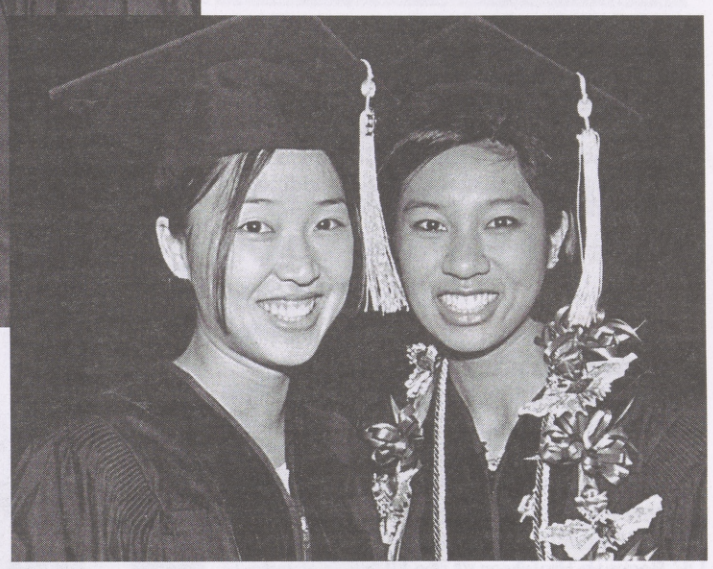
Graduation 1997

Photos by Chris T. Anderson

School of Dentistry Dean Charles Bertolami presents graduating dental student Gregory Lee Adams with the Elizabeth Fuhriman Gardner Award. Nora Lee won the award as a dental hygiene graduate.

Darren Lew, the speaker representing the Class of 1997 and Bowl of Hygeia nominee, gives a humorous and memorable speech at the graduation ceremony. His classmate David Barbour won the Bowl of Hygeia.



Betty Yang, left, and Welyn Chua, who is wearing a money lei, a traditional good luck charm in Hawaii and the Philippines, show their happiness upon receiving their School of Pharmacy diplomas.

Dentistry, Pharmacy schools honor graduates

During the commencement ceremonies on June 21, the dental and pharmacy schools recognized their top graduating students for their academic achievements, community work and leadership.

The following received major awards from the School of Dentistry:

Elizabeth Fuhriman Gardner Awards: Gregory Adams, dental student, and Nora Lee, dental hygiene graduate, received this award for scholastic achievement , service to the community, leadership qualities, and for their demonstrated concern for others. Both students and faculty participate in the selection process for these honors, given each year to commemorate Gardner, who graduated from UCSF's dental hygiene program in 1958. Throughout her life, she exemplified the qualities of caring and service and was the first person recognized with the title Associate of the President during the service of David Pierpont Gardner, the 15th president of UC.

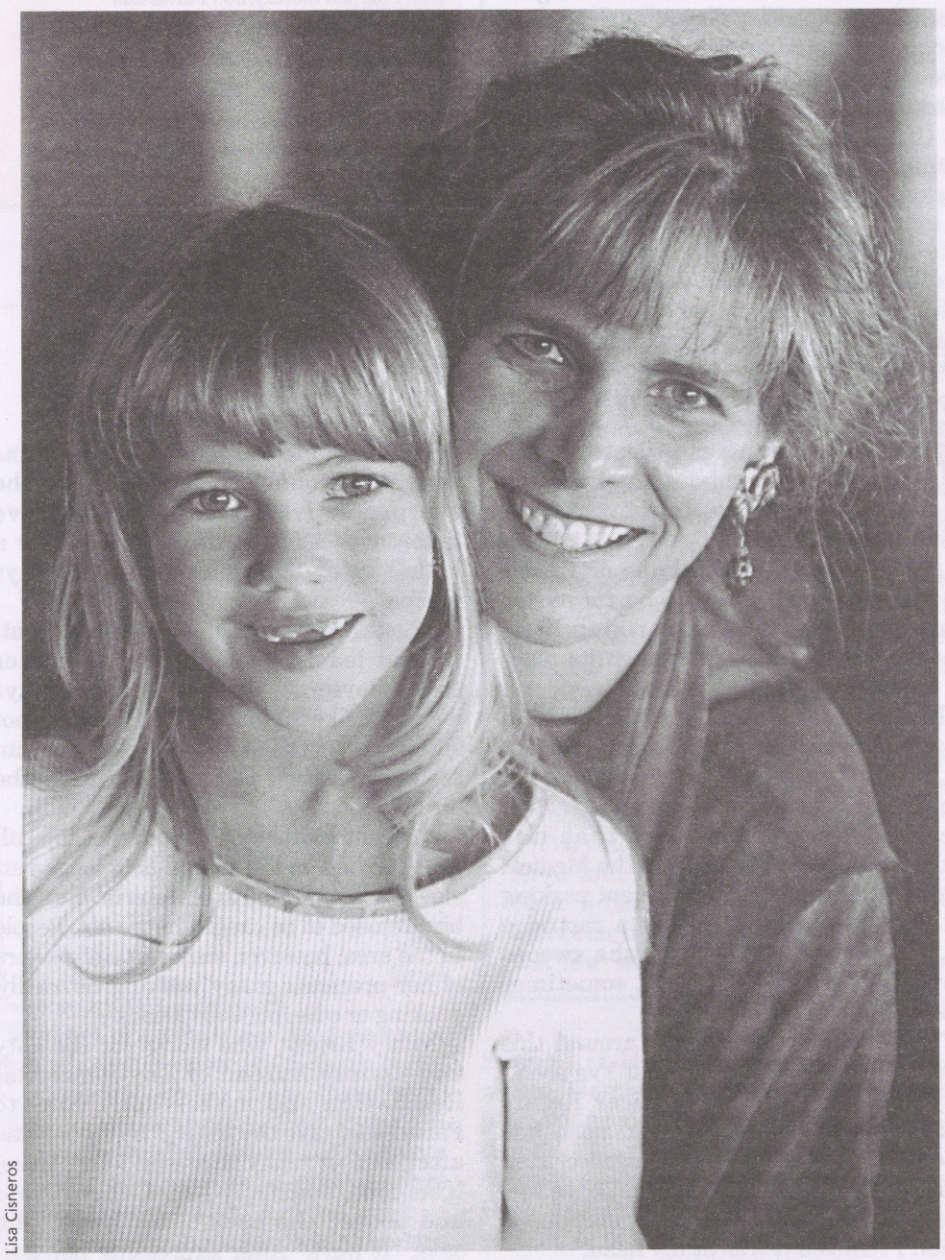
The Francis A. Sooy Cup: Peter Thai is winner of this award, which recognizes academic and clinical excellence and qualities representing the profession.

The Distinguished Alumnus Award: Nguyen Nguyen, a member of the School's class of 1955, received this annual award.

School of Pharmacy major award winners were:

The Bowl of Hygeia: David Barbour, received this, the School's highest award to a graduating student who exhibits qualities of the "ideal pharmacist." Nominees for this honor were Marie Belshe, Darren Lew, Sandy Tan and Winnie Wong.

The Dean's Award for Academic Excellence: Teresa Barclay, Larissa Graff and Winnie Wong each shared this award given by Dean George Kenyon.



Lisa Cisneros

Big top benefit a smashing success

In keeping with its 100-year tradition, the Auxiliary at UCSF/Mount Zion garnered nearly $40,000 to benefit patient programs and services at the June 21 performance of Cirque du Soleil. The auxiliary treated 20 pediatric patients and their families to the ninth production of the world-renowned show at Oakland's Jack London Square. Auxiliary members gratefully acknowledge the generous support of benefactors Dr. and Mrs. John Kerner; sponsors Harry Blumenthal, Golda Kaufman, Mike McCune and Karen Kaye Smith-McCune, Eli Lilly Oncology and Dennis Pasquini of Peak Wines International; and contributors, Laura J. Esserman, Leland, Parachini, Steinberg, Matzger & Melnick LLP, The Men's Warehouse - George Zimmer and Dr. Michael Wener. Above, Esserman, UCSF/Mount Zion breast cancer surgeon, and her daughter, Marisa Endicott, 6, at the dinner preceding the event.

Healers of 400 Parnassus make debut at New York film festival

By VINCE PEARSON

A documentary video featuring the all-star cast of doctors and nurses at the UCSF Infectious Diseases HIV Clinic made its big-screen debut June 12 at the New York Lesbian & Gay Film Festival.

"The Healers of 400 Parnassus" is a moving tribute to the doctors, nurses and social workers at the UCSF HIV clinic. How they maintain their dedication and inspiration in the face of constant sickness and death is the focus of the video.

"I think part of it for me is to experience the intensity of the patients I have," Cecily Cosby, a nurse practitioner explains in the video. "There's a great triumph in participating in people's lives." But there's also a downside. Cosby admits to having recurring nightmares in which she is infected with the disease. She also must assuage the fears of her own family members, who are concerned about her close contact with the virus.

"The Healers of 400 Parnassus" combines individual interviews with staff members with cinema verite footage of doctor-patient sessions to show HIV clinicians as part caretaker, social worker and friend.

"There have been a number of documentaries and feature films made about people living with HIV and AIDS, but there have been very few about the people that care for them," says director and producer Laura Gabbert.

A former San Francisco resident, Gabbert says she fell upon the idea for the documentary almost by accident. A friend of hers who worked in the clinic told her about the "amazing people" at UCSF.

Sensing a story at hand, Gabbert volunteered in the clinic and quickly realized her hunch was correct. She shot the video in the summer of 1995 and went off to film school at UCLA with some 40 hours of tape.

The video is often sad, and sometimes difficult to watch. One scene shows nurse practitioner Susan Shea reigning in her emotions as she suggests that a worsening patient and his partner focus on "quality time." Shea reveals in the documentary that her first brush with AIDS was back in 1984, the year she graduated nursing school, when a friend of hers was diagnosed with the disease.

"It was very much a personal experience for me before it was a professional experience," she says.

Another scene shows the painful reality of a spinal tap.

But ultimately, says Gabbert, the documentary is meant to be uplifting.

"So much of what we've heard about doctors doing this kind of work leaves the impression that what they do is incredibly sad. But doing this kind of work doesn't have to be depressing in an all-encompassing way. I think people get a lot back from giving to people," Gabbert says.

> **"There's a great triumph in participating in people's lives."**
>
> –CECILY COSBY
>
> *UCSF nurse practitioner*

Cosby says as much in the opening scene. "When people find out I'm a nurse practitioner in an AIDS Clinic," she begins, "they always ask, 'How can you deal with that every day?' I think it's important that people know, we're here because there's no where else we'd rather be."

Also featured in the video are current and former UCSF employees: Physicians Jason Tokumoto and Steve O' Brien, triage nurse Allen Adams and social worker Jane Hawgood.

Says Shea of conducting sensitive patient sessions on camera, "It was a little jangling at first. But after an hour, I was just totally over it."

Shea attended the premier in New York last week. And while she appreciates any extra publicity the video brings to the clinic, she isn't taking her new star status too seriously. "It's a funny thing to see yourself on the screen," says Shea.

The video has been submitted to several other festivals, including the Mill Valley Film Festival, and is being marketed for television in several European countries.

July 1–7, 1997

1 Tuesday

NEWSBREAK/MEDSOUNDS DEADLINE FOR NEXT ISSUE

NEW EMPLOYEE ORIENTATION: 8:30-10:30 a.m., S 214. Call Leonard Florendo at 476-1073 to schedule.

INFORMATICS CLASSES: The UCSF Library offers a class on Informatics Training, 10 a.m.-12 p.m., ILC Classroom at 222 Library (PC) and SFGH. Call 476-2337 or visit www.library.ucsf.edu/ed/class for schedule.

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, 12-1 p.m., N 617. Free. Call 584-4416 to register.

UCSF STANFORD HEALTH CARE STAFF BENEFITS FORUM: Presentation of employee benefit package that UCSF Stanford Health Care will be offering to staff. Forums will answer questions related to these benefits 1-2:30 p.m., UCSF/ Oyster Point, Purchasing Conference Room. Call the hotline at 656-4646 for additional information.

2 Wednesday

UCSF STANFORD HEALTH CARE STAFF BENEFITS FORUM: See July 1 listing; 8-9:30 a.m. at Cole Hall and 11:30 a.m.-1 p.m. at Toland Hall. Call the hotline at 656-4646 for additional information.

BROWN BAG LECTURE: Shirley S. Chater, former US Commissioner of Social Security and UC Regent's Professor at the UCSF Institute for Health and Aging presents *The Future of Social Security.* Will social security be there when you need it? Learn what the 1997 social security trustees and the recent advisory council report recommend, 12 p.m.-1 p.m., N 225. Call 476-4394.

UCSF MOBILE MAMMOGRAPHY VAN: Lakeshore Plaza, 1501-1599 Sloat Blvd.

3 Thursday

UCSF MOBILE MAMMOGRAPHY VAN: Parnassus at Medical Center Way.

4 Friday

INDEPENDENCE DAY/ UCSF HOLIDAY

7 Monday

HEALTH POLICY SEMINAR: Learn about grant budget preparation and common problems, 12 p.m.-1:30 p.m., 1388 Sutter St., 11th Floor, Seminar Room IHPS. Sponsored by the Institute for Health Policy Studies and the Institute for Health & Aging.

T'AI CHI CH'UAN YANG STYLE. This introductory class will increase your strength, flexibility and balance, while achieving an inner state of attentiveness and relaxation. 11 a.m. -12 noon, MU Fitness Center, 505 Parnassus. Call 476-1115.

UCSF NIGHT AT THE LEGION: Invitations to this exclusive evening at the Palace of the Legion of Honor go on sale at all EMPACT! locations. Capacity is VERY LIMITED so buy your tickets early! $10 students, $15 staff and $20 faculty. Call 476-6932.

UPCOMING EVENTS

Show benefits AIDS services

"Help on the Way," San Francisco's largest annual musical/variety show benefiting AIDS service providers in the Bay Area, will be held on the evening of Monday, July 14 at the Palace of Fine Arts Theatre. A silent auction will be held at 6 p.m. and the performance begins at 8 p.m. Proceeds will benefit several programs included in UCSF's AIDS Patient Care Services – Ward 86 at SFGH, the UCSF AIDS Health Project, and Services for Women and Children. For more information, call 273-1620.

Parnassus blood drive

A blood drive is scheduled for Wednesday, July 16, from 9 a.m. to 5 p.m. at MU Conference Center. For more information and appointments, call 476-6989.

Sign up for AIDS Walk

Help in the fight against HIV by participating in AIDS Walk San Francisco, a 10K walk that begins and ends in Golden Gate Park on Sunday, July 20. The event, which begins at 10:30 a.m., raised more than $3 million last year for Bay Area AIDS organizations, including the UCSF AIDS Health Project. To obtain registration cards for friends, family or neighbors, call 476-4394. For other information, call 392-WALK.

Substance abuse forum

A community forum describing the prevalence of stimulant abuse in the Bay Area as well as innovative treatment approaches will be held on Friday, Aug. 1 from 8 a.m. to noon at the Laurel Heights Conference Center. "Psychosocial Treatments for Stimulant Abuse," sponsored by The San Francisco Treatment Research Center and the department of psychiatry at UCSF, will provide the opportunity for community providers and researchers interested in stimulant abuse to meet and network. For further information, call 206-3971.

Fine needle biopsy course

The 18th Annual Comprehensive Fine Needle Biopsy Course, sponsored by the department of pathology in cooperation with the California Society of Pathologists, will be held Saturday, Aug. 9 through Saturday, Aug. 16 at The Hyatt Regency Kauai Resort and Spa. The course examines fine needle aspirate biopsy history, optimal anesthesia, biopsy, smearing techniques, management of patients, as well as potential FNA medical/legal problems and how to avoid them. Tuition is $975, which includes the cost of a rental microscope. To register for the course, call 476-5808.

Computer study

UCSF Facilities Management has scheduled a host of computer classes for UCSF faculty and staff through the month of July. Classes are for PC or Macintosh users of varying levels and include Introduction to Windows 95 and Windows NT, Microsoft Access, Microsoft Word, Microsoft Excel, Filemaker Pro and Netscape Navigator. Facilities Managment makes available to students its 250 computers, which can be found at eight sites. For more information about classes, call 597-9247.

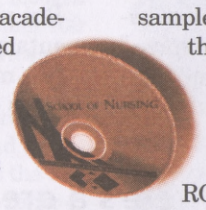
Location key

ACC – Ambulatory Care Center, 400 Parnassus
C – Clinical Sciences Building, 521 Parnassus
CL – Campus Library, 530 Parnassus
HSW – Health Sciences West
MU – Millberry Union, 500 Parnassus
N – School of Nursing, enter at 513 Parnassus
S – Medical Sciences Building, 513 Parnassus
VAMC – Veterans Affairs Medical Center, 4150 Clement

School of Nursing plugs programs via CD-ROM

Spreading its multimedia wings, the UCSF School of Nursing last month introduced a new first in University alumni relations — a summary of recent academic and clinical programs recorded on a slick CD-ROM.

"For all of the times that I've welcomed alumni and friends to the UCSF School of Nursing, this is the first time for me to do it on CD-ROM," says Dean Jane Norbeck in the opening video clip.



Produced by the Santa Clara University Multimedia Workshop, this interactive digital publication, which has been included as an insert in the latest issue of the nursing alumni magazine "The Science of Caring," also comes with a sample Netscape document that enables the user to preview the School of Nursing's website, which can only be seen in full at www.ucsf.edu/campus/SchNur.html.

The subject matter on this CD-ROM introduces viewers to the myriad activities taking place at the Research Center for Symptom Management and includes abstracts from pilot studies supported by the center, as well as photographs of the researchers.

Blackbird takes place in pecking order

By ANDY EVANGELISTA

Many Parnassus pedestrians are finding out how Tippi Hedren must have felt in Alfred Hitchcock's "The Birds."

A blackbird — not as large or vicious as those in the classic 1963 horror movie, but described as a "terrorizing little pest," nonetheless — has taken its place in the campus pecking order.

No one knows if it is a UCSF bird, a Stanford bird, a bird of the merged entity, or just a confused one. She has made her home and nest in the row of New Zealand Christmas Trees that line Parnassus Avenue in front of the Medical Center's Emergency Department parking lot. Most wish she acted like a partridge in a pear tree, but instead she swoops down on startled passersby, sometimes taking a nip at their heads.

"This happens every year around this time, but this one is the worst I've seen," says hospital security officer Kenny McTear, whose neatly shaved head has been nailed twice by the winged critter. "The first time, I saw it circle above me, and I thought it landed some droppings. Then I realized it was at my head."

He pointed to the second tree from the east as the one with her nest. But the overprotective bird appears to have taken over a larger area. "It acts like a little spy, watching and waiting," says McTear.

In one work shift, he sees the bird attack at least 10 people. Fellow officer Arent Boysen, a three-time victim, says it's more like 20 to 25. When they are not shooing potential illegal parkers, they can see — from their safe glass booth — the bird at work.

A recent visitor was able to spot the culprit, perched on the second floor ledge outside the Long/Moffitt cafeteria. But the bird refused to be caught in the act. People in the area, however, were certainly aware of her presence, many walking hurriedly, ducking or covering their heads.

Nancy Rivers, who works for the City and County Bureau of Environmental Regulation and makes daily runs to Parnassus, says the "nasty" bird has gone after her at least three or four times. "One time, it actually pulled up my braid and pecked the back of my head," she says. "It hurt." After expressing her irritation, she laughed. "It is sort of funny. I guess she's just protecting her babies."

Brenda Moore, an administrative assistant at Facilities Management, was struck one morning on her way to the shuttle bus stop. She has changed her route, walking on the north side of Parnassus and crossing at Langley Porter. According to a manager in the department, there are no immediate plans to go after the bird or disturb the nest. The thinking is that the Parnassus creature will leave in due time or perhaps when crew trims the trees. In the meantime, watch out for the birdie!

MERGER NOTES

Faculty to discuss merger

A special UCSF Academic Senate meeting has been scheduled to address the academic and educational issues surrounding the formation of UCSF Stanford Health Care on Tuesday, July 8 from 4 to 6 p.m. in Cole Hall. All faculty have been invited to attend the meeting, which will host proponents and opponents of the proposed merger.

Don't call it USHC

Since plans were first conceived to merge the clinical enterprises of UCSF and Stanford more than two years ago, the new organization has been called many different things by different people.

For the record, officials at this start-up private non-profit organization prefer to be called UCSF Stanford Health Care.

Writers from both internal and external publications (including Newsbreak/ Medsounds), however, have caused considerable confusion with their propensity to abbreviate long, proper names. Most notable has been the use of both acronyms, USHC and UCSHC.

But Patty Perry, vice president of strategic development at the new enterprise, asks that staff not use USHC. That acronym can refer to U.S. Health Care, a large health maintenance organization — or HMO — just now entering California, she says.

Counseling (from page 1)

matters — free, one-on-one sessions are available by appointment. Individual sessions would be more appropriate, she says, for those who may have a "constellation of events" taking place in their lives in addition to the merger, such as caring for a sick parent or child or coping with a troubled relationship.

In general, however, Goodwill anticipates that a large proportion of anxiety can be alleviated simply by recognizing it as a natural reaction to change and beginning to understand it at the emotional level.

Employees can come as often or infrequently as is convenient for them. "There will be no exam," Goodwill jests.

Dates and times of weekly sessions for employees at Mount Zion, Mission Center and SFGH will be announced soon.

For more information about the Faculty and Staff Assistance Program, call 476-8279 or visit them at 1381 9th Avenue.